

maxed

GYM BALL WORKOUT CHART

Specifically designed to improve core strength, flexibility, balance and toning. Ideal addition to your daily workout routine.

SUITABLE FOR



STRENGTH



BALANCE



FLEXIBILITY



TONING



CORE



CARDIO

PUSH-UP



DO 8 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

EXTENDED PUSH-UP



DO 8 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

BACK HYPER EXTENSION



DO 8 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

PLANK



HOLD POSITION ON GYM BALL FOR 30 SEC. COMPLETE 3 SETS. 30 SEC REST BETWEEN SETS.

LEG PRESS



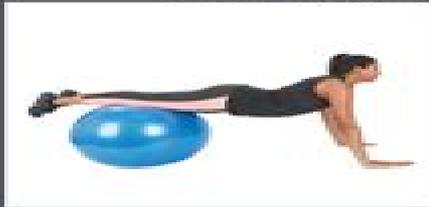
DO 6 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 60 SEC REST BETWEEN SETS.

SIDE CRUNCH



DO 10 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

REVERSE JACK KNIFE



DO 6 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

PLANK ROLL-OUT



DO 6 REPS AND COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

Manual Pro Fitness Gym Ball Exercises

Zhe Xu



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Table of Contents Manual Pro Fitness Gym Ball Exercises

1. Understanding the eBook Manual Pro Fitness Gym Ball Exercises
 - The Rise of Digital Reading Manual Pro Fitness Gym Ball Exercises
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Pro Fitness Gym Ball Exercises
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Pro Fitness Gym Ball Exercises
 - User-Friendly Interface

4. Exploring eBook Recommendations from Manual Pro Fitness Gym Ball Exercises
 - Personalized Recommendations
 - Manual Pro Fitness Gym Ball Exercises User Reviews and Ratings
 - Manual Pro Fitness Gym Ball Exercises and Bestseller Lists
5. Accessing Manual Pro Fitness Gym Ball Exercises Free and Paid eBooks
 - Manual Pro Fitness Gym Ball Exercises Public Domain eBooks
 - Manual Pro Fitness Gym Ball Exercises eBook Subscription Services
 - Manual Pro Fitness Gym Ball Exercises Budget-Friendly Options
6. Navigating Manual Pro Fitness Gym Ball Exercises eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Pro Fitness Gym Ball Exercises Compatibility with Devices
 - Manual Pro Fitness Gym Ball Exercises Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Pro Fitness Gym Ball Exercises
 - Highlighting and Note-Taking Manual Pro Fitness Gym Ball Exercises
 - Interactive Elements Manual Pro Fitness Gym Ball Exercises
8. Staying Engaged with Manual Pro Fitness Gym Ball Exercises
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Pro Fitness Gym Ball Exercises
9. Balancing eBooks and Physical Books Manual Pro Fitness Gym Ball Exercises
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Pro Fitness Gym Ball Exercises
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Manual Pro Fitness Gym Ball Exercises
 - Setting Reading Goals Manual Pro Fitness Gym Ball Exercises
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Manual Pro Fitness Gym Ball Exercises
 - Fact-Checking eBook Content of Manual Pro Fitness Gym Ball Exercises
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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